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Province orders probe of Wascana Village project

Concerns raised about water, highway access. Approval of planned development in rural Sherwood to be reviewed

MARCO VIGLIOTTI
marco.vigliotti@metronews.ca

The Saskatchewan government has ordered an independent review into an approval process for an expansive residential development planned for an area just outside Regina's southeast boundary.

Retired Queen's Bench judge Ron Barclay has been tasked with probing the Rural Municipality of Sherwood's handling of the proposed Wascana Village development, after concerns were raised from government departments and Crown corporations about the

project's potential impact on water and highway access, among other issues.

"I don't know if those concerns are valid or not. I think the best way for me to find out is to appoint somebody independent to do an inspection," Jim Reiter, minister of government relations, told reporters at the legislature on Monday.

An interim report from Barclay is expected to be handed to Reiter's office by the end of July.

Expected to become home to some 14,000 people when completed, Wascana Village is touted as a mixed-use development that will feature single-family homes, townhouses, a seniors' assisted-living facility and schools.

Announced last year by the RM and an Ontario-based development firm, it's slated to be constructed on 736 acres in Sherwood.

According to a government press release, Barclay's inves-

tigation will focus on the "history, background, process, facts and circumstances" that led to the approval of the Wascana Village development by the RM's council.

Another issue in the inspection is property owned by Sherwood Reeve Kevin Eberle in the area planned for the project.

The probe will touch on what the release describes as the "appropriateness" of actions taken by those working for the RM relating to the development plan, as well as investigate whether mechanisms to identify and disclose pecuniary interests are "appropriate and effective."

While stating that such a review for a project of this size is rare, Reiter stressed that it "isn't uncommon" for the government to conduct inspections of municipal matters.

He added that he intends to make the findings of the interim and final reports available to the public.



TURNING THE PAGE

Mayor Michael Fougere, far right, joins other elected officials, project leads and Saskatchewan Roughriders representatives at Evraz Place in the Queen City on Monday for a ceremonial groundbreaking to kick off construction of the new Mosaic Stadium. The \$278-million, 33,000-seat stadium is scheduled to be ready for the Riders for the 2017 CFL season. Story, page 2. MARCO VIGLIOTTI/METRO

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Southern Saskatchewan

**Father, son die
in plane crash on
Fathers' Day**

Police have identified a man and his son as the two people killed in a crash of a single-engine plane in southern Saskatchewan on Fathers' Day.

Phillip Wimmer, 59, and Bradley Wimmer, 29,

were found dead at the crash site near Lampman on Sunday morning, RCMP said.

The Wimmers, both from the Torquay area, had taken off from a private airstrip near that community — about 200 kilometres southeast of Regina — in a Cessna 172. They were the plane's only occupants.

RCMP officers were called about the crash

shortly after 10 a.m.

The plane was reported overdue shortly before the wreckage was discovered in a field.

RCMP officers from the Estevan detachment are assisting the Transportation Safety Board of Canada with an investigation of the crash.

The family of the victims has requested privacy.

THE CANADIAN PRESS/WITH FILES FROM METRO



The wreckage of the Cessna 172 is seen on Sunday near Torquay in southeastern Saskatchewan. COURTESY RCMP

Shovels mark stadium start

New home of the Roughriders. Officials, reps break ground for \$278 million facility



MARCO VIGLIOTTI
marco.vigliotti@metronews.ca

One of the most anticipated construction projects in Saskatchewan's history is under way after a ceremony on Monday in Regina at the site of the future home of the Canadian Football League's Roughriders.

City and provincial officials, project leads and Riders representatives used shovels at Evraz Place to break ground for the \$278-million stadium.

"The community is behind us on this. They support this," Mayor Michael Fougere told reporters in response to queries about public opinion on the development.

The ceremony marked the beginning of an extensive excavation process for the facility, which will seat 33,000 spectators with an expansion option to hold up to 40,000.

The amount of dirt to be removed from the site is equivalent to 112 Olympic-sized swim-

2017

Substantial completion of the stadium is anticipated for the summer of 2016. It is expected to host two "warm-up" events before the Riders move in for the start of the 2017 CFL season.

ming pools.

According to the project timeline, cranes will spring up around Evraz Place beginning in July. Four cranes will be erected between August and October.

Construction of the concrete structure is slated to begin in July 2015.

"By the time it hits next spring, there will be a significant structure coming out of the ground," said Sean Hamelin, PCL Construction's district manager. "By the time we get to next July, there will be some of the concrete components ... to accept the roof structure."

At more than 520,000 square feet, the new Mosaic Stadium is the largest project ever undertaken by PCL's Regina division. During the peak of construction, Hamelin said, more than 400 tradespeople will work on the project.



Helping the Regina Food Bank

International non-profit organization Global FoodBanking Network (GFN) is holding its annual board of directors meeting in Regina until Wednesday. GFN president and CEO Jeff Klein of Chicago, pictured above, says his organization chose the Saskatchewan capital because of great improvements at the Regina Food Bank in recent years. GFN holds its board meetings in cities all over the world. This is the first time it's holding one in Western Canada. SARAH TAGUAM/METRO

Sask. teachers vote no to tentative contract

Saskatchewan teachers have rejected a second tentative contract with the government.

The proposed agreement included a total compensation increase of 7.3 per cent over four years, as well as a \$700 prorated payment in the first year.

But 63 per cent of more than 13,000 teachers voted no to the proposed deal.

Colin Keess, president of the Saskatchewan Teachers' Federation, says teachers didn't believe the offer had sufficient

Quoted

"The issues of the school year (and) school day are intensely important for teachers. Class composition and size, again, are intensely important issues for teachers."

Colin Keess, president of the Saskatchewan Teachers' Federation

resources or did enough to address their concerns.

"We are looking to try to resolve long-standing issues with our partners," Keess said in an interview Monday.

"The issues of the school year (and) school day are intensely important to teachers. Class composition and size, again, are intensely important issues for teachers."

Keess had said in a news release that the federation was concerned that the agreement, "which in our judgment was the best that could be reached at the bargaining table," was not acceptable to teachers.

The federation says it will now apply for conciliation.

The government bargaining committee says it's also disappointed, although committee spokeswoman Connie Bailey said she still hopes a deal can be reached.

"I always prefer to be optimistic and we'd always prefer a negotiated contract. But we both have to take some time to reflect on what we need to do to ensure that the next tentative agreement will be passed," she said.

The offer was comparable to the terms in other public sector agreements and kept Saskatchewan teachers competitive with other teachers in Western Canada, Bailey said.

THE CANADIAN PRESS

Jaywalking? 'Don't gamble your life': director of roadways warns

Not illegal. The city's traffic bylaws prohibit obstruction of traffic, but not necessarily crossing in the middle of the block

SARAH TAGUIAM
sarah.taguiam@metronews.ca

Jaywalking is common in Regina, and despite its dangers, it's also legal.

"We don't have a jaywalking bylaw, but we have one about obstructing traffic," Adam Homes, the City of Regina's director of roadways and transportation services, told Metro on Monday.

According to Regina's traffic bylaw No. 9900, "No person shall obstruct, interfere with or interrupt the free passage of traffic on any

public highway." Violators can be fined \$50.

So while jaywalking as an act is allowed, it's the way one does it that determines whether it's illegal.

"If you cross and cars have to stop or slow down for you and you disrupt the traffic," Homes explained, "that's illegal."

It's also illegal in Regina to cross intersections while don't-walk signals are on, said city police Sgt. Ian Barr. If caught doing it, a pedestrian is subject to a \$70 fine.

"I guess there's no bylaw prohibiting crossing in the middle of the block, but it doesn't mean it's ethical and you should do so," Barr said, noting that he has issued several traffic-obstruction tickets to jaywalkers in recent months.

In Saskatoon, a bylaw prohibits pedestrians from "(crossing) a street within one block from a traffic sig-



A pedestrian prepares to cross an intersection along Broad Street on Monday. If he jaywalks, he's not necessarily breaking the law. SARAH TAGUIAM/METRO

nal except at a crosswalk."

There is no plan, however, to create a jaywalking bylaw in Regina.

"We work really closely

with the police and SGI, so we're always looking if any part of the traffic bylaw needs to be changed," Homes said.

Barr cautions pedestrians against jaywalking.

"If it's vehicle versus pedestrian, the vehicle always wins — so don't gamble your

life," he said.

"Cross in the proper intersection, make sure drivers see you and make eye contact. It's just a no-brainer."

Saskatoon mayor absent from Pride flag-raising ceremony



Supporters hold up a sign for the Saskatoon Pride Festival. JACOB MORGAN/METRO IN SASKATOON

The City of Saskatoon recognized the beginning of the local Pride Festival with a rainbow flag-raising ceremony on Monday.

But Mayor Don Atchison was once again not there.

Danny Papadatos, chairman of the Saskatoon Diversity Network and the Saskatoon Pride Festival, said the mayor was not officially invited.

"We just chose to focus on the community members who have shown us support,"

Papadatos said.

Atchison has not attended a Pride Festival event in Saskatoon since he was elected in 2003, Papadatos said, adding that the celebrations are open to everyone.

The mayor's office confirmed that Atchison was not asked to attend the flag-raising, and said that's the primary reason for his absence.

His office added that Atchison hasn't received an invitation to the ceremony for the past three years, and

that "the normal policy is the mayor will attend an event to which he is invited (directly)."

Saskatoon city Couns. Charlie Clark and Darren Hill were present, as were MLAs Don Morgan, Gordon Wyant and Rob Norris.

Hill, who spoke at the event, said he's not concerned about the mayor's schedule.

"Today's event is about who is here, not who's not here," said Hill.

JACOB MORGAN/METRO IN SASKATOON

Transgender community

Fighting prejudice

Miki Mappin, a transgender woman living in Saskatoon, noted there was a smaller turnout for the first-ever transgender flag-raising ceremony in the city and the province earlier this year.

One of the main goals of

the community, she said, is to introduce specific protection under the Saskatchewan Human Rights Code.

"Even in the bigger centres — Saskatoon and Regina — there's a lot of prejudice," Mappin said.

"That translates to outright discrimination (in) employment, housing and schools," she said.

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Sherwood

Move to East Coast turns into a bad drug trip for Metro reporter

Halifax. All of Kristen Lipscombe's belongings seized when nearly \$9M worth of pot and heroin found in moving truck



RUTH
DAVENPORT
Metro in Halifax

Most Canadians who have had to relocate from one point of our vast country to another know that a big move will come with at least one glitch.

In Kristen Lipscombe's case, the glitch came in the form of nearly \$9 million worth of hash, pot and heroin hidden aboard the moving truck that picked up all her worldly goods in Calgary on June 3.

"All you can do is laugh," said Lipscombe on Monday — her first day on the job as Metro Halifax's new sports reporter. "I have to have a positive attitude and look at it as another life experience and a really good story."

Lipscombe has moved sev-



Kristen Lipscombe sits in her bare condominium in Halifax on Monday. JEFF HARPER/METRO IN HALIFAX

eral times in her life, so she wasn't entirely surprised when the truck didn't arrive in Halifax as scheduled last Thursday.

But the reason she got from the moving company the next day — Friday the 13th, no less — was a shock.

"It was literally, 'We have

some not-so-great news for you,'" said Lipscombe. "My first thought was, 'There was some sort of accident — my stuff's all over the highway.'"

In fact, Lipscombe's stuff was safely aboard the truck — but was surrounded by boxes of pot and bricks of heroin.

It was all seized at the Edmonton airport by members of the Alberta Law Enforcement Response Team, who found more drugs in a storage facility.

Five men — three from Edmonton and two from Chilliwack, B.C. — were arrested, one of whom itemized and

signed for all of Lipscombe's belongings in her Calgary condo.

Lipscombe says it's a funny story in some ways — but not in others.

"I have, obviously, individuals who shouldn't be trusted dealing with all of my personal

Quoted

"I'm concerned about my personal belongings.... I don't know how they've been handled, I don't know if all my boxes have been opened and sorted through, if they've gone through my skivvies."

Kristen Lipscombe

belongings. It's disturbing," she said.

Information has been hard to come by, but it appears Lipscombe's goods have been released, and are on their way to Halifax.

She said she has enough to get by for a few days, but is hoping it arrives sooner rather than later — and with some kind of discount.

"Moving is one of the most stressful life events ... so add on the fact that my stuff is in the middle of some drug investigation, and that's the icing on the cake," she said.

Keystone isn't everything: Clinton

Washington's long-awaited decision to approve or reject the Keystone XL pipeline should not become a symbol of the relationship between the United States and Canada, former U.S. secretary of state Hillary Clinton said Monday.

Speaking in Toronto before a business crowd of roughly 1,800 people, Clinton said the controversial project — designed to move Alberta crude oil to the Gulf Coast — has become "a proxy for everything" as proponents and critics lock horns over its fate.

"However this Keystone decision is finally made, some people are going to be very happy, relieved and think it was the right decision — and some people are going to be distraught and even angry and upset, thinking it was a terrible decision," she said.

"I do not see it, though, nor should it be a proxy for the relationship. It is, after all, one pipeline. We already have a lot of pipelines that cross our border."



Former U.S. secretary of state Hillary Clinton discusses her new book *Hard Choices* in Toronto on Monday. NATHAN DENETTE/THE CANADIAN PRESS

American approval of the pipeline has been stalled in the U.S. while the Obama administration drops hints that Canada must do more on the environment.

The TransCanada Corp. project should be part of a wider discussion on energy and the environment, Clinton said.

"I do believe that both Canada and the United States can become even richer, more prosperous, but also more environmentally sustainable by having a broad engagement over energy and climate, and not focusing everything on this one decision."

THE CANADIAN PRESS

Hillary's Hard Choices

The former first lady was in Toronto to discuss her new memoir, *Hard Choices*.

- Many observers were hoping she might drop a few hints on whether she plans to run in the next U.S. presidential election, but she would only say she hopes to one day see a woman in the White House.
- Clinton has insisted she hasn't decided on a second bid for the presidency but over the course of her book tour so far she has made it clear she is giving it serious consideration.
- Clinton has said she finds the prospect of running for president compelling simply because it offers her the chance to help Americans find economic opportunities that elude them.

Interns. NDP hope new bill will put end to 'Wild West' exploitation of workers

The NDP is hoping to end the "Wild West" exploitation of unpaid interns with a new bill that would cap the hours an intern can work.

The private member's bill, introduced Monday by NDP MP Laurin Liu, would grant interns the right to refuse dangerous work and offer them protection from sexual harassment.

The NDP bill is limited to federally regulated workplaces, but it's better than having no protections at all, said Andrew

Cash, who is co-sponsoring the bill with Liu.

"There's many employers that take this very seriously, there's very good programs set up through universities and colleges," said Cash.

"But it is a bit of a Wild West out there in that ... if you are working at an internship program, you're at the whims of an employer who is not paying you. And sometimes that has turned in some cases tragic."

THE CANADIAN PRESS

Online privacy

New tool forces telecoms to disclose info they collect

Canadians concerned about online privacy have a new way to find out if their telecom provider is collecting information about them — and sharing it with third parties like government entities.

The new web tool, known as "Access My Info," helps create a formal letter which, under Canadian privacy law, telecom companies are legally obliged to respond to within 30 days, the website offering the tool says.

Canadians requesting the information fill out basic details about themselves and their telecom provider, and can do so confidentially, the website says. THE CANADIAN PRESS

hitchBOT the robot is getting set to hitchhike all across Canada

This summer.

This robot will be programmed to be so charming that drivers will give it a ride



THANDI
FLETCHER
Metro in Vancouver

If you see a Wellington boot-wearing robot with garden gloves for hands on the side of the road this summer,

don't be afraid to pull over. It's only hitchBOT, the hitchhiking robot, who will be attempting to bum rides across the country one car at a time. The robot, departing on its coast-to-coast journey from Halifax July 27, will

rely only on its hitchhiking arm and ability to charm drivers into giving it a lift in its goal of reaching Victoria, B.C.

"It is quite cute," said Frauke Zeller, hitchBOT co-creator and assistant profes-

sor at Ryerson University. "We tried to make it cute — and it's not heavy, so people can lift it up."

Still in the process of being made, hitchBOT will consist of various household items like Wellies.



An artist's rendering of hitchBOT, the hitchhiking robot that will try to cross Canada. CONTRIBUTED

China. 'Power is being overused in the name of counterterrorism': Artist

Days after sparking a new Internet meme with photos of people brandishing their legs as guns, Chinese dissident artist Ai Weiwei said Monday that his original posting on Instagram was a statement about the overuse of power in fighting terrorism.

China is in the midst of an anti-terror campaign prompt-

ed by several high-profile attacks on civilians over the past year blamed on Muslim militants from the country's far western Xinjiang region. Scores of people have been arrested in Xinjiang, security on subways has been tightened and many local police are now carrying guns for the first time. **THE ASSOCIATED PRESS**



On Instagram, Ai Weiwei aims his leg as a rifle. AI WEIWEI/THE ASSOCIATED PRESS

Maine

Gun tattoo and the real thing, too

A man with a realistic-looking tattoo of a gun on his stomach had the real thing tucked into his waistband when he was arrested.

Michael Smith, 41, told police he'd stolen prescription narcotics from an ex-girlfriend.

He was charged with stealing drugs, and his gun was confiscated.

He was released from jail on \$1,000 bail. He couldn't be reached for comment. Madison police said Smith isn't facing any gun charges.

THE ASSOCIATED PRESS

Florida

Big guy hid drugs under fat: Cops

A man who weighs 200 kilograms faces charges, after Florida police say he hid cocaine and 23 grams of marijuana under stomach fat.

A sheriff stopped a vehicle because the passenger wasn't wearing a seat belt. When the occupants of the vehicle seemed nervous, the officer called for a police dog.

The animal detected the drugs and Christopher Mitchell, 42, and the driver were arrested.

Police say they also found a gun and \$7,000 in cash. **THE ASSOCIATED PRESS**



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Iraq insurgency. Canada ruling out military intervention, Baird says

Canada has ruled out any military participation in Iraq to help stem the tide of the rampaging Sunni insurgency.

Foreign Affairs Minister John Baird made that abundantly clear during question period Monday.

"We are committed to working with the Iraqi leadership," Baird said, before quickly adding, "I should point out that Canada has not been asked to participate in any military effort, nor is it something we are considering."

Canada is distancing itself from the Iraqi crisis as the Obama administration in Washington continues to grapple with a response to the attacks by the al-Qaida-inspired Islamic State of Iraq and the Levant.

The militant group is on the march toward Baghdad after overrunning the mainly Sunni cities of Fallujah, Mosul and Tikrit.

U.S. President Barack Obama has ruled out deploying U.S. ground troops, but the White House is considering other military options to aid the Shiite-led government, including possible air strikes.

Canada, meanwhile, has withdrawn its only diplomat from Iraq because of the deteriorating security situation.

A Foreign Affairs spokesman said security concerns forced Canada's acting charge d'affaires to leave Iraq on Sunday.

THE CANADIAN PRESS



A Shiite tribal fighter in Baghdad Monday. KARIM KADIM/ THE ASSOCIATED PRESS

Lac-Mégantic

Quebec seeks damages from insolvent railway

The Quebec government is adding its name to a list of creditors seeking money from the insolvent railway company at the heart of the Lac-Mégantic train disaster.

The government said Monday that it is seeking \$409 million from the Montreal, Maine & Atlantic Railway for expenses incurred and yet to come that stem from the July 6, 2013, tragedy, in which 47 people were killed.

The government said it has already spent \$126 million in public funds and suggests that future costs relating to the rebuilding of Lac-Mégantic could be in excess of \$283 million.

THE CANADIAN PRESS

Europe unaffected

Russia halts flow of natural gas to Ukraine

Russia halted natural gas deliveries to Ukraine on Monday, spurning Ukraine's offer to pay some of its multibillion-dollar gas debt and demanding upfront payments for future supplies.

The decision, coming amid deep tensions over eastern Ukraine, does not immediately affect the crucial flow of Russian gas to Europe.

Ukraine has enough reserves to last until December, according to the head of its state gas company Naftogaz.

Previous gas disputes left Ukraine and some Balkan nations shivering for nearly two weeks in the dead of winter.

THE ASSOCIATED PRESS



A man observes the remains of destroyed vehicles and buildings on Monday in the town of Mpeketoni, about 100 kilometres from the Somali border on the coast of Kenya, following an attack by dozens of Al-Shabab militants. THE ASSOCIATED PRESS

Al-Shabab militants kill 48 in Kenyan coast town

Tourists warned off. Islamic extremist attacks on the rise in country once viewed as bastion of stability in East Africa

The gunmen went door to door in the Kenyan town, demanding to know if the men inside were Muslim and if they spoke Somali. If the extremists did not like the answers, they opened fire, witnesses said on Monday.

Al-Shabab, a Somali group linked to al-Qaida, claimed responsibility for the hours-long assault on the coastal community of Mpeketoni, where 48 people were killed.

The attack began Sunday as residents watched World Cup matches and lasted until early Monday, with little resistance from Kenya's security forces.

After daybreak, Kenyan troops and residents stared at the bodies lying on dirt streets by still-smouldering buildings. Two hotels and many vehicles were set on fire.

The attack highlights the growing incidence of Islamic

extremist violence in a country once seen as the bastion of stability in East Africa, drawing tourists from around the world.

The merciless life-or-death religious assessment recalled al-Shabab's attack on an upscale mall in Kenya's capital, Nairobi, last September in which at least 67 people were killed, some of them after not being able to answer questions about Islam.

The Interior Ministry said that at about 8 p.m. Sunday, two minivans entered the town. Militants disembarked and began shooting.

At the Breeze View Hotel, the gunmen pulled the men aside and ordered the women to watch as they killed them, saying it was what Kenyan troops are doing to Somali men in Somalia, a police commander said on condition of anonymity because he was not authorized to speak about the attack.

Kenya has experienced a wave of gunfire and bomb and grenade attacks in recent months.

The U.S., U.K., France, Australia, and Canada have all recently upgraded their terror threat warnings for the country.

THE ASSOCIATED PRESS

'Sprayed them with bullets'

Man's two brothers killed as he watches

Al-Shabab says it attacked the town of Mpeketoni Sunday because of Kenya's "brutal oppression of Muslims in Kenya," including the killings of Muslim scholars in Mombasa.

"They came to our house at around 8 p.m. and asked us in Swahili whether we were Muslims. My husband told them we were Christians and they shot him in the head and chest," said resident Anne Gathigi.

John Waweru said his two brothers were killed because the attackers did not like that the brothers did not speak Somali.

"My brothers who stay next door to me were killed as I watched. I was peeping from my window and I clearly heard them speak to my brothers in Somali and it seems since my brothers did not meet their expectations,

they sprayed them with bullets and moved on," said Waweru.

Interior Minister Joseph Ole Lenku said the attackers fled into the nearby wilds, known as the Boni Forest after a "fierce exchange of fire" with security forces.

At a news conference, Ole Lenku was put on the defensive about the government's security record after a string of attacks.

Kenya's deteriorating security situation and travel warnings from foreign embassies have hit the country's tourism sector.

The region saw a spate of kidnappings of foreign tourists in 2011 that Kenya said was part of its motivation for attacking al-Shabab in Somalia.

Since those attacks and subsequent terror warnings, tourism has dropped off sharply around Lamu, a UNESCO World Heritage Site and the country's oldest continually inhabited town.

Mpeketoni is about 30 kilometres southwest of Lamu.

THE ASSOCIATED PRESS

Starbucks brews up tuition subsidy for undergrad baristas

Job perks. Company to subsidize tuition for U.S. employees who choose online courses at Arizona State; could expand internationally

Starbucks is giving its baristas a bargain on an online college degree.

The company is partnering with Arizona State University to make an undergrad education available at a steep discount to 135,000 U.S. employees who work at least 20 hours a week. Workers can choose from 40 educational programs, and they won't be required to stay at Starbucks after earning the degree.

For freshman and sophomore years, students would pay a greatly reduced tuition after factoring in a scholar-

ship from Starbucks, ASU and financial aid, such as Pell grants. For the junior and senior years, Starbucks would reimburse any money that workers pay out of pocket.

That means employees who already have two years of college under their belts would be able to finish school at no cost.

Tuition reimbursement is a rare benefit for low-wage workers in the retail industry. In 2010, Wal-Mart Stores Inc. started offering partial tuition grants for workers at American Public University, a for-profit, online school.

Starbucks already has a program that reimburses workers for up to \$1,000 a year at City University of Seattle or at Strayer University. Starbucks says that will be phased out by 2015 in favour of the new program, which is far more generous.

THE ASSOCIATED PRESS



Starbucks barista Linsey Pringle prepares a cup of coffee at a Starbucks Corp. store in Seattle. Starbucks on Monday announced a new partnership with Arizona State University to make online degrees available to its 135,000 U.S. employees who work at least 20 hours a week. TED S. WARREN/THE ASSOCIATED PRESS FILE

Looking ahead

- Cliff Burrows, head of the Americas for Starbucks, said he hopes the program will encourage other companies to offer similar benefits. He added that Starbucks plans to look at expanding the educational perks to workers overseas.
- The Seattle company doesn't know how many of its workers will apply, and it isn't saying how much the program might cost. Tuition for an online degree at ASU is about \$10,000 a year, although it can vary depending on the program. Many Starbucks workers would likely qualify for a Pell grant, which can be worth as much as \$5,730.

Rogue Greenpeace worker loses millions on currency hedge gone terribly wrong

Greenpeace has suffered a \$5.2 million US loss on an ill-timed bet in the currency market by a well-intentioned — if reckless — employee in its finance department.

The environmental group, which is based in Amsterdam, said Monday the employee — who had bet the euro would not strengthen against other currencies in 2013, when it did — had acted beyond the limits of his authority.

Greenpeace International fired the employee, whom it did not identify, but said there was no evidence of fraud.

"Every indication is (that) this was done with the best of intentions, but not the best of judgment," said spokesman Mike Townsley in a telephone interview from Mexico.

He said the organization was deeply concerned that the incident would offend its supporters, and apologized. Greenpeace does not accept contributions from companies or governments and is funded entirely by individuals.

Responsibility lies partly with the employee and partly

Cutting its losses

- Townsley of Greenpeace said the organization has already taken steps to strengthen financial controls to prevent such incidents in the future.
- The group said it would absorb the loss by cutting planned investments in "infrastructure" and pledged not to reduce spending on campaigns and protest actions.

with the organization, Townsley said.

The employee was a financial expert whose job included currency trades to protect the organization from fluctuations in the market. He was not qualified, however, to undertake trades on the scale he did, Townsley said. In addition, he ignored company rules, under which he should have checked with supervisors and probably hired an

external expert for advice on how to manage risks, Townsley added.

"Hindsight is 20/20, but we believe if he had followed rules and procedures, this wouldn't have happened," said Townsley.

He said the employee was fired for ignoring rules, not for the loss itself, which — although sizeable compared with donor contributions — amounts to a fraction of the organization's annual revenues of around 300 million euros, or \$406 million US.

Gerald Steinberg, the president of NGO Monitor, which studies accountability at non-profit organizations, said it would be normal for a non-profit organization that large to turn to external experts to oversee at least some of the more complex aspects of its finances.

"It's big business," he said. "But what you see sometimes at an organization like this is that its ability to manage finances has lagged behind its ability to solicit and raise funds." THE ASSOCIATED PRESS

On the road

Netherlands to allow self-driving car tests by 2015

The Dutch government says it wants to encourage large-scale tests of self-driving cars in the Netherlands by next year, and supports a plan to allow tests of self-driving trucks by 2019.

The country's infrastructure minister, Melanie Schultz van Haegen, said Monday she is investigating legal changes needed to allow self-driving cars to use public roads in the Netherlands. THE ASSOCIATED PRESS

Market Minute

DOLLAR
92.24¢ US (+0.13¢)

TSX
15,040.43 (+38.82)

OIL
\$106.90 US (-1¢)

GOLD
\$1,275.30 US (+\$1.20)

Natural gas: \$4.71 US (no change)
Dow Jones: 16,781.01 (+5.27)

Wages. Canadians get paid about the same as Americans, study finds

Wage levels in Canada are generally in line with those in the United States, says an internal government study, suggesting the pay packets of Canadian workers pose no special competitive disadvantage.

The research, by Employment and Social Development Canada, found that since the 2008-2009 global financial crisis, any average differences in the two countries' wage lev-

els have largely disappeared.

Less-educated Canadians earn slightly higher wages than their American counterparts, but well-educated Canadians earn slightly less.

The result appears to be a more equalized wage economy that is well-positioned internationally to compete with Canada's largest trading partner and others.

THE CANADIAN PRESS

MUHAMMAD^{SA}
THE ASTONISHING STORY OF THE PROPHET

The story about a man whose legacy and influence have left a profound mark on history. A man who loved by his followers far more than anyone else. A man who has been called.

"THE SAVIOUR OF HUMANITY"

WEDNESDAY, JUNE 18, 2014
REGISTRATION: 5:30PM
PROGRAM: 6:00PM TO 8:00PM
AT UNIVERSITY OF REGINA RIDDELL CENTRE
(UNIVERSITY THEATER)
FREE ADMISSION / FREE PARKING
COMPLIMENTARY REFRESHMENTS

Michael H. Surt
"My choice of Muhammad to lead the list of the world's most influential persons may surprise some readers and may be questioned by others, but he was the only man in history who was supremely successful on both the religious and secular levels."
(The 100: A Ranking of the Most Influential Persons in History)

Montgomery Watt
"The more one reflects on the history of Muhammad and of early Islam, the more one is amazed at the vastness of his achievements... chief of all, the way he contributed to a fresh appraisal and appreciation of one of the greatest of the sons of Adam."
(Muhammad at Madinah)

Kareem Abboud
"If we could view Muhammad as we do any other important historical figure we would surely consider him to be one of the greatest geniuses the world has known."
(Muhammad - A Biography of the Prophet)

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#NOFILTER #PRENUP #BADIDEA

Recently engaged couple Alan Linic and Claire Meyer are experts when it comes to PDA: publicly displaying arguments. The pair has been documenting their fights from their shared Twitter account aptly named @WeFought-About since August 2013. The feed — which now has over 21,000 followers — offers a humorous glimpse into the mundane reasons behind the couple's domestic squabbles including disagreements over television shows, haircuts and computer passwords.

While Linic and Meyer are happy to broadcast their quirky romantic quarrels to thousands of followers, most of us have a bit more restraint when it comes to sharing our personal lives online. Some couples are even going so far as to draw up formal contracts to govern what they can and can't post about each other online.

We might be living in a digital world but I think couples need to exercise a little common sense regarding social media



SHE SAYS
Jessica Napier
metronews.ca

etiquette. Uploading an unflattering photo of your fiancé to Facebook is pretty thoughtless, but it isn't exactly a relationship deal-breaker and it shouldn't require legal intervention.

And yet an increasing number of couples are turning to third-party experts to help them navigate their expectations concerning online behaviour.

New York-based attorney Ann-Margaret Carrozza appeared on a recent episode of Good Morning America to discuss the rise of social media clauses in prenuptial agreements. Customizable lifestyle contracts are designed to prevent partners from posting private, embarrassing or potentially incriminating content about one another on social networking sites.

The consequences for individuals who violate the behavioural prerequisites outlined in a prenup can range from simple punishments, like doing the dishes, to more serious penalties such as fines up to \$50,000, Carrozza said.

Whatever happened to communicating with your significant other openly and honestly? If you need to hire a professional to draw up a legally binding document to regulate what sort of content you can share about one another on the Internet, then you might want to consider whether or not your relationship is even ready for the next step.

Unless you're a Kardashian, you should understand that some parts of your private life should remain private.

Stop fretting about your fans and followers and remember that real relationships take place offline. Live-tweeting your romance shouldn't trump your partner's privacy concerns. While lawyers might be required to help negotiate some aspects of an upcoming marriage, complicated social media prenups shouldn't be one of them. Forget the hefty legal fees and just have an upfront conversation with your partner about your personal expectations and boundaries.

And remember to think twice before you Snapchat that sexy bedtime photo or tell off your mother-in-law on Twitter.

Follow Jessica Napier on
Twitter @MetroSheSays



ZOOM

Rhinasserous friends



Rhinoceros Manuela and her donkey friend hang out at the Tbilisi Zoo, Georgia on Monday. The zoo keepers tried to help Manuela by putting the donkey in the same cage. The strategy worked and the animals have been living peacefully together since. SHAKH AIVAZOV/THE ASSOCIATED PRESS

Bummed out rhino cheered up by new donkey buddy

Animals in the zoo in Georgia's capital are not allowed to be lonely, even if it means they end up with rather unusual companions.

A female rhinoceros called Manuela has made friends with donkeys, after failing to hit it off with either zebras or goats, while a lion cub neglected by his mother has bonded with a puppy.

THE ASSOCIATED PRESS

Not quite lion and lamb, but pretty close

Tbilisi Zoo spokeswoman Mzia Sharashidze said Manuela got depressed after the death of her mate and became aggressive toward her caretakers.

They tried putting zebras in her enclosure, but they only returned the aggression. Then they tried goats, which ran away. But the donkeys had an instant calming effect.

Nearby, lion cub Shamba lives happily with a puppy.

THE ASSOCIATED PRESS

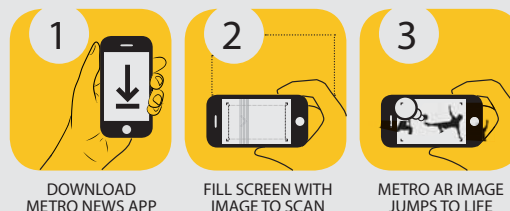
A friend in need

- Donkeys are well known on farms for having a calming effect on livestock. At weaning time a donkey can help ease the trauma of a foal being separated from its mother. The donkey has a relaxing influence on the foal and willingly takes on responsibility for its well-being. Donkeys also make good pals for grown horses recovering from injury or surgery.

SOURCE: DONKEYANDMULE.COM

METRO AUGMENTED REALITY

SEE THE NEWS COME ALIVE...



In this issue, you can find AR enhancements on page 11 in Life and page 13 in Sports

To see pages from Metro spring to life, simply download or update the Metro News app available from your device's app store and follow these three easy steps:

1. Open the Metro News app on your smartphone or tablet device. Click the AR icon in the top right corner.
2. Hold your device over any image that has the AR logo near it. Make sure you wait for the green scanning bar to read the image!
3. Voilà! You should see the AR in action — like a video, slide show or mobile content experience. You can even move your phone away from the page and interact with the content directly on your device.

MetroTube

Drone smackdown



ANDREW FIFIELD
andrew.fifield@metronews.ca

So if you're anything like us, this is the first time you've seen a hostile crowd take down a drone with whatever means available, before proceeding to smash it to pieces.

But, it's pretty safe to bet it won't be the last as the skies fill with the buzz of unmanned aerial surveillance. And an arsenal of promotional T-shirts won't be an adequate weapon set for long.
(Runnerazzi/YouTube)



METRO PHOTO ILLUSTRATION

DVD review



The Grand Budapest Hotel

Director. Wes Anderson

Stars. Ralph Fiennes,
F. Murray Abraham,
Adrien Brody

Eight features into a career of artisanal whimsy, Wes Anderson has “baked” his masterwork with *The Grand Budapest Hotel*, one of 2014’s best films. Every carefully arranged image is a visual treat and a comic delight.

Through the pink-frosted doors of the title retreat pass many familiar faces from Anderson’s previous films — people like Bill Murray, Owen Wilson, Tilda Swinton, Jason Schwartzman and Bob Balaban. But the most engaging and amusing of them is new to Anderson’s antics: Ralph Fiennes.

He’s Monsieur Gustave H., the concierge of the Grand Budapest, a man of fastidious manner and reckless charm. Gustave’s favourite guest is octogenarian Madame D. (Swinton), who adores him — and who wouldn’t? But she fears treachery as she prepares to return to her grasping son Dmitri (Adrien Brody) and other ungrateful offspring.

There’s an undercurrent of melancholy to *The Grand Budapest Hotel* that indicates how far Anderson has progressed from the studied irony of his early films. **PETER HOWELL**

The Antlers need just a little bit of patience

Familiars. Singer Peter Silberman talks how slowing down tempos helps him to be present in the moment

PAT
HEALY

Metro World News in Boston

The Antlers have created a world where a cheerful mariachi horn can be right at home with classic soul chord progression and the heady dystopian plodding of Pink Floyd.

“I’ve been listening to Pink Floyd for so long that I’m sure it’s in there in a permanent way,” says singer and guitarist Peter Silberman.

On *Familiars*, the band’s third official album as a multi-member concern (Silberman released several bedroom-recorded cassettes under The Antlers moniker in the beginning) the one thing that unifies all of these disparate sonic elements is patience.

“That’s become my way of attempting to be present in songwriting,” says Silberman of the careful pace that defines the album, “and musically, I think that playing music is a much more present activity for me, and part of the reason that I tend to lean toward slower tempos is to negate the rush to the finish line. You know how when a song starts and it’s kind of catapulting towards the end of it? It’s something that lately I haven’t been interested in at all. I think you miss everything that happens in between with that approach. I enjoy patience in music and I enjoy trying to



The Antlers’ third official album as a band is called *Familiars*. MARC LEMOINE

cultivate that for myself.”

Silberman says that the other members of the band not only exercise patience when they’re playing, but also when the singer is revising lyrics right up to the deadline. “Through the last days of recording, I was still changing words,” he says.

Although he is able to keep himself at a slower tempo when recording his words, he does speed up when he speaks about it, still obviously excited to discuss the music.

“I wanted it to be the truest album, but I think reaching some sort of state of ultimate

Quoted

“There is no such thing as perfection, and I was thinking of it as some sort of puzzle, and I wanted it to be a puzzle where all the pieces fit together perfectly.”

The Antlers’ singer and guitarist Peter Silberman

truth is kind of impossible and I learned that over the course of this,” he says. “There is no such thing as perfection, and I was thinking of it as some sort of puzzle, and I wanted it to be a puzzle where all the pieces fit together perfectly. And I kind

of just drove myself crazy trying to make that happen, and I got as close as I could get, but there’s really no way to do it, since by nature of being human it’s going to be flawed, and have pieces that don’t quite fit together.”

Dragon Blade. Hollywood heavyweights join cast of massive Chinese film

John Cusack and Adrien Brody are set to join Jackie Chan in the upcoming film *Dragon Blade*

Discussing the announcement at the Shanghai Film Festival, Chan said that he was “really excited to be in a movie with two of the most respected

actors working today,” according to *The Hollywood Reporter*.

Built on a budget of \$65 million, the most expensive Chinese-language film in history is to start shooting in Silk Road stop Dunhuang City and within the Gobi.

AFF

Hollywood

Hiddleston to play Hank Williams

Tom Hiddleston has signed up to play country and western musician Hank Williams in the biopic *I Saw the Light*.

Hiddleston will not only portray Williams but act as vocalist during the movie’s musical performances. **AFF**

Batman v Superman. Jason Momoa to play Aquaman in new film

Hawaiian-born Jason Momoa (*Stargate: Atlantis*, *Game of Thrones*) is to become blonde-haired, telepathic underwater inhabitant Aquaman for *Batman v Superman: Dawn of Justice*. Ben Affleck is already in place as Batman, with Henry Cavill reprising the role of Superman. **AFF**



Jason Momoa **AFF**



Chris Martin and Gwyneth Paltrow GETTY IMAGES

I'm still trying to fix you: Paltrow and Martin might be patching things up

Gwyneth Paltrow and Chris Martin seem to be consciously undoing their decision to consciously uncouple, as three months after announcing their split, the duo is reportedly working things out, according to the Daily Mirror. "Chris still lives with her, they are amazingly lovey-dovey together and she still wears her

wedding ring. They may have consciously uncoupled a few months ago, but they seem to be recoupling now. No one will be surprised if they get back together," a source tells the paper. "It's true they had problems, but in the weirdest way this 'conscious uncoupling' situation has relieved the pressure on them."



Kristen Stewart GETTY IMAGES

Kristen wants Moore from her relationship with Demi

Kristen Stewart has her sights set on Demi Moore as a co-star and potential new BFF, according to Star magazine. "Kristen is making serious noise about befriending Demi, whom she's worshiped for years, and convincing her they should play a mother-daughter team in a new action comedy," a source says, explaining that Stewart thinks a film pairing "will help both their careers and somewhat depressing

public images." Plus, it will help her attain a lifelong dream of working with the In-decent Proposal star. "It's been a long-held dream of Kristen's to star in a movie with Demi. She's been a fan of hers for a good 15 years and is on the hunt for a fun action role for her and Demi," the source says. "Demi's very receptive to working with Kristen, but it will all depend on what scripts she can muster."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



AdorbZzz photo makes us momentarily forget that Kanye West is Kanye West

MELINDA TAUB
Metro World News

Kanye West's ego is dwarfed only by his talent. In everything he does — music, fashion, general celebrity-ness — he pushes himself to be the very best. So of course if Kanye West takes a nap, it's going to be the very best nap of all time.

Kanye proved his domination at the nap game this weekend. Sunday was Father's Day and also hap-

pened to be the first birthday of North West, Kanye's daughter with his new wife Kim Kardashian. Kim snapped the above pic of her family, snuggled up together for a ridiculously cute Dad's Day snooze.

"This is what life is about! Our baby girl turned 1 today! We played so hard they passed out while we were watching the game! Happy Father's Day to the best daddy in the world! The way you love our daughter and protect her makes me filled with so much love!" Kim captioned the photo on Instagram.

I hope Kanye continues to make fearless, groundbreaking music. However, if he does not — if he produces nothing but, say, a coffee-table book, filled with photos of him and North napping in matching outfits, dreaming of ba-bas and rap domination — would that be so bad?

Peace out, Potter: Radcliffe relishing life with a little less Harry

Daniel Radcliffe isn't living under the shadow of the Harry Potter franchise as much anymore, and he's thrilled about that. "People don't shout Harry Potter at me now. They tend to know my name, which is lovely," he tells Sky Arts.

"But I will always credit the opportunities I got from Harry Potter. I would not be a happy person if I was bitter about those 10 years of my life." Speaking of being happy, a big part of that for Radcliffe includes giving up alcohol, which he did in 2010, and dodging the anxiety being a successful child actor can bring.

"I would have benefited from not drinking as it was not making me as happy as I wanted to (be)," he says. "It is not a real pressure, but it is a pressure of living with the thought, 'Oh, what is (it with



Daniel Radcliffe GETTY IMAGES

all these people saying I am not going to have a career? What if they are all going to be right, and will be laughing, and I will be consigned to a bunch of 'Where are they now?' lists?"



Nicole Kidman GETTY IMAGES

It appears that Kidman's girls have grown

Nicole Kidman made quite an impression on the red carpet at the Swisse Celebrate Life Ball in Melbourne recently, donning a Prada gown with a plunging neckline, and some are saying the Oscar-winning actress was showing off some newly enlarged assets. "It appears she has had a pretty im-

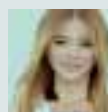
pressive breast augmentation. I suspect that she's gone from a big A or small B to a full C [cup size]," Dr. Anthony Youn, who has not treated Kidman, tells Radar Online. "Overall I think it looks good, although maybe a touch overdone. It's also possible she still has some swelling."

Twitter



@RuPaul

There's a difference between knowing the path and walking the path, and a difference between walking the path and sissingy that walk



@ChloeGMoretz

There are a few people in this world I love :)



@Sethrogen

I think my greatest skill is my ability to memorize the layout of a tv remote so I can hit buttons without looking.

Scan the photograph below with your Metro News app to remind yourself how Shakira's hips just don't lie.

It's the workout that doesn't lie



Want a waist like Shakira? Try this workout. CONTRIBUTED

Celeb routine.
Shakira's personal trainer shows us how to banish the bulge

ROMINA
MCGUINNESS
Metro World News in London

"Most people crave that V-shaped torso: that slight indentation that stops your upper body from being a straight line, which is what

you end up with if you do too many straight up crunches," says Anna Kaiser, superstar Shakira's personal trainer.

"You'll change the way that your muscles are shaped, sure, but you also need to mix it up with some cardio if you want to build strength," Kaiser says. "Also, don't think you can just do this workout and then run to the store and celebrate with a greasy treat and soda!"

Want to sculpt your waist? Do this workout five times a week — if you can!

1. SKI PLYOS

From plank position, jump both legs toward your left hand, then jump toward your right hand. That's one rep. Repeat jumping from side to side, trying to lift your hips into the air between landings. Do 10 reps.



2. SUPINE SWISS TWIST

Place a swiss ball between your legs and lie down on your back (legs extended towards ceiling). With your hands out in a T position and keeping your legs straight, lower your legs toward the floor (about halfway), and rotate the ball to the right, rotate back to centre, and then lift the legs back to the starting position. Repeat on the left. Do 10 reps.



3. JACKKNIFE WITH A TWIST

Stabilize in a plank position, with your shins on the swiss ball. Press down into the ball with your shins as you lift your hips toward the ceiling and bend your knees toward your chest. Aim your knees toward your left shoulder (twisting in your mid-section) as you finish bringing your knees toward you (feeling your obliques kick in). Return to plank and repeat on the right. Do 10 reps.



4. DOUBLE TAP OUTS

Start in a plank position on the floor. Tap your right toe out to the side at a 45-degree angle (keeping your right hip parallel to the floor). Then bend your knee and tap your right toe as close to your right shoulder as possible. Return to plank and repeat on the left. Do 10 reps.



5. TWISTING SIT UP

Lie down on your back, arms extended straight overhead on the floor. As you come all the way up to sit on your booty, lift your right knee toward your chest and twist toward the leg as you come into the seated position (arms come out to the side, spine straight). Lower back down. Repeat on the left. Do 10 reps.



6. SIDE PASSE DIP

Position yourself in a side plank, supporting your body with your left arm. Anchor your right foot on the floor, bend your left leg, and hold your left foot to your right knee (in passe). Maintaining that position, try to dip your left hip to tap the floor and come back up again. Do 10 reps.



Make sure men in your life eat right



BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

In the current issue of Best Health magazine, our registered dietitian columnist, Sue Mah, talks about how she ensures the men in her life are eating right for their age. Here is an excerpt.

Mah's son, age 13, is "growing like a weed." Between the ages of nine and 18 are the bone-building years for both

boys and girls, so he needs more calcium than ever: 1,300 milligrams a day. That's three to four servings of milk and alternatives, according to Canada's Food Guide. Mah ensures he has a serving of cheese, yogurt and/or milk at every meal.

As for healthy school lunches, he brings a packed lunch from home most days, but once a week he buys it from the cafeteria.

Mah says, "I don't critique his choices because I want to encourage his decision-making. And he rounds out his some-

times junky choice with fruit, veggies, cheese and juice." She always has healthy foods at home so he can make snacks — such as avocado for guacamole, and berries and yogurt for smoothies.

Mah's husband, who is at a healthy weight, has risk factors for diabetes being of Asian descent, and being over 40. Because he sometimes does the grocery shopping, Mah says, "I've given him advice on reading nutrition labels. He now chooses products that help him cut back on sugar. If

he has lunch at the office food court, he now swaps pad thai — which is heavy on carbs and doesn't have enough veggies — for a green salad with lean protein such as chicken. He even keeps nuts in his car for snacking on his long commute."

And Sue Mah's dad and father-in-law are in their mid-'70s and therefore vulnerable to heart disease and cancer.

"They are both healthy, so my main goal here is to help them age well. I suggest they eat colourful fruit and veggies for fibre and antioxidants, plus

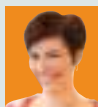
fish, nuts and seeds for healthy fats that boost brain health. I also recommend they take 1000 IU of vitamin D a day, since we become less efficient at making it as we age." The recommended amounts vary: Canada's Food Guide suggests 400 IU for those over 50, while Osteoporosis Canada suggests 800 to 2,000 IU for those over 50. **FOR MORE ARTICLES, RECIPES AND PRODUCTS FOR LIVING WELL, PICK UP THE LATEST COPY OF BEST HEALTH MAGAZINE ON NEWSSTANDS. YOU CAN SUBSCRIBE AT BESTHEALTHMAG.CA. WE ALSO HAVE AN AWARD-WINNING IPAD EDITION.**

3
LIFE

Colourful spice gives your pan-fried fish cancer-fighting coating

Health Solutions

Healing inflammation never tasted so good



NUTRI-BITES
Theresa Albert
DHN, RNCPT
myfriendinfood.com

Turmeric is the ingredient in most curry powders that will stain your fingers, counters and plastic containers.

It has also been intensely studied and is widely accepted as a potent anti-inflammatory food. Inflammation is believed to be at the root (Get it? Turmeric is a root!) of many diseases like arthritis, dementia and heart disease. The bottom line is that you want more of the foods that reduce the pressure of living.

Adding turmeric daily is simple. It doesn't have a strong flavour and hides itself well in other spices.

- Add a pinch to your morning smoothie, and it will go relatively unnoticed by your taste buds.

- Include it in curried egg salad,

frittatas or omelettes.

- Sprinkle into your salad dressing for lunch.
- Stir in as an invisible but nourishing addition to red or yellow soups or tomato sauces.
- Mix into spice breads, muffins or even cookies

Turmeric is available as a supplement but it is also available as a powder that can be packed manually into empty gel capsules for 1/100th of the price. Ask your doctor before adding this, though. It can enhance the efficacy of other blood thinning drugs. It is just that good!

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM



START TO FINISH
12 MINUTES

This recipe serves four. COURTESY THERESA ALBERT

FLASH FOOD



From your fridge to your table in 30 minutes or less

Fish, no matter how you slice it, is a superior protein. What fat it contains is the omega-3 good kind that lubricates your joints. Plus it is quick to cook.

The added bonus with this Pan-Fried Turmeric Fish is

that it is "breaded" in a whole wheat/turmeric coating.

Together, they create a crispy crust that is delicious, yes, but the real benefit is that turmeric is a potent anti-cancer spice that is also making good news headlines.

1. Beat egg in a shallow bowl with 1 tbsp of water.

2. Mix together turmeric, whole wheat flour, sea salt and white pepper in a separate bowl.

3. Dredge fish in egg and then set into turmeric-flour mixture, turning to coat.

4. Warm a large skillet over medium-high heat and add butter and oil. Quickly add the coated fish.

5. Cook for 2-3 minutes and turn once to cook through for 2-3 more minutes. Set fish onto paper towel to absorb any excess fat. **THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE**

IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Ingredients

- 1 egg
- 2 tbsp turmeric
- 2 tbsp whole-wheat flour
- 1/4 tsp sea salt
- 1/4 tsp white salt
- 1 lb catfish fillets or other firm white fish
- 1 tbsp butter
- 1 tbsp grapeseed oil

Turn peaty whiskey into a sensational sauce

Ingredients

Potatoes

- 1/2 cup chopped dates
- 2 cloves garlic
- 1 tbsp minced fresh rosemary
- 1/4 cup Scotch whisky (a particularly peaty variety is good)
- 1/2 tsp each salt and black pepper
- 1/4 cup balsamic vinegar
- 2 tbsp melted butter
- 2 lbs small potatoes, quartered
- 2 tbsp chopped fresh mint
- 3 scallions, thinly sliced

• 1/4 cup crumbled blue cheese Sauce

- 2 cups bourbon
- 3 tbsp tomato paste
- 1/3 cup natural peanut butter
- 2 tbsp soy sauce
- 2 tsp each honey and hot sauce
- 1 teaspoon each ground cumin, garlic powder, onion powder, smoked paprika
- 1/2 tsp each ground dry ginger and mustard powder

1. Heat the oven to 450 F. Line rimmed baking sheet with foil; coat with cooking spray.

2. In blender, combine dates, garlic, rosemary, whisky, salt, pepper, vinegar and melted butter. Puree until smooth.

3. In bowl, combine sauce and potatoes and mix until coated. Spread onto prepared baking sheet. Bake until browned and tender, 35 minutes. Transfer to serving dish. Sprinkle with the mint, scallions, and cheese.

Bourbon-Peanut BBQ Sauce

1. In saucepan over medium-high, whisk bourbon and tomato paste. Bring to boil and cook until reduced by half and thickened, 8 minutes. Whisk in the peanut butter, soy sauce, honey, hot sauce, cumin, garlic powder, onion powder, paprika, ginger and mustard powder. Return to a simmer and cook another 5 minutes. If a thinner sauce is desired, whisk in 1/3 cup water.

THE ASSOCIATED PRESS



This recipe serves eight. MATTHEW MEAD/THE ASSOCIATED PRESS

Tony Gwynn

Mr. Padre dies of oral cancer

Tony Gwynn, the Hall of Famer with a sweet left-handed swing who spent his entire 20-year career with the Padres and was one of the game's greatest hitters, died of cancer Monday. He was 54.

Gwynn, a craftsman at the plate and winner of eight batting titles, was nicknamed "Mr. Padre" and was one of the most beloved athletes in San Diego.

He attributed his oral cancer to years of chewing tobacco. He had been on a medical leave since late March from his job as baseball coach at San Diego State, his alma mater. He died at a hospital in suburban Poway, agent John Boggs said.

Gwynn had 3,141 hits, a career .338 average and won eight NL batting titles.

THE ASSOCIATED PRESS

Jimmy Kimmel Live

New York City mayor owning up to lost bet

The mayor of New York City was scheduled to sing I Love L.A. on Jimmy Kimmel Live to settle a Stanley Cup bet.

The Kimmel show said Mayor Bill de Blasio was also to treat a studio audience in Los Angeles to New York City hot dogs on Monday night.

He made the hockey bet with Los Angeles Mayor Eric Garcetti. THE ASSOCIATED PRESS

Michael Schumacher

F1 great out of coma, leaves French hospital

Nearly six months after sustaining serious head injuries in a skiing accident, seven-time Formula One champion Michael Schumacher left a French hospital on Monday and was transferred to neighbouring Switzerland to continue his recovery.

Schumacher "is not in a coma anymore," his manager, Sabine Kehm, said in a brief statement announcing that the German driver had left the Grenoble University Hospital, where he had been treated since his accident Dec. 29.

THE ASSOCIATED PRESS



All hail the Kings! Fans shower Stanley Cup champs with California love

Kings captain Dustin Brown carries the Stanley Cup in downtown Los Angeles on Monday. After riding nine double-decker buses and a flatbed truck during the celebratory parade, the team gathered for a rally at Staples Center, where they polished off the New York Rangers on Friday in Game 5 of the championship round. The title was the Kings' second in three seasons. Scan the image with the Metro News app to see the Kings party with the Stanley Cup.

KEVORK DJANSEZIAN/GETTY IMAGES

Spurs built to last

NBA. San Antonio in position to succeed for years to come whether Duncan retires or not

Tim Duncan conducted his postgame interview flanked by his two children. Some day soon he may decide that they, and not Tony Parker and Manu Ginobili, will be his full-time running mates.

Duncan's eventual retirement — whether it's next week, next summer, or after the next championship — probably won't end what's been a 15-year run at or near the top for the San Antonio Spurs.

San Antonio appears to be positioned to keep rolling along.

The Spurs looked better than ever in demolishing the Miami Heat in five games for their fifth championship, finishing it off with a 104-87



victory Sunday that set off a horn-honking celebration that lasted deep into the night.

With good players in place and perhaps unmatched leadership at the top that will find more, the Spurs don't figure to go away, even when their big man in the middle finally does.

"I think I said it many times. There was not one season since I'm in the NBA that I really didn't truly believe that we could have won it," Ginobili said. "Every year we were up there. Sometimes we were No. 1 and we lost in the first round. Some other times we were seventh and we had a

shot at winning it.

"But playing with the teammates I've always played, coached by the guy that is coaching us, I always felt that we had a shot, and I truly never believed it was the last shot."

This probably wasn't, either.

True, the 38-year-old Duncan realizes the end is near, though won't say and perhaps doesn't know how close it is. Ginobili will be 37 next month and may be entering the last stage of his career as well.

But Parker shows no signs of slowing down.

NBA Finals MVP Kawhi Leonard looks ready for an even bigger role, and coach Gregg Popovich and general manager R.C. Buford, whom Commissioner Adam Silver called "perhaps the greatest GM-coach combination in all of sports," have shown they can find good players and make them better once they don the silver and black.

THE ASSOCIATED PRESS

Court. Hernandez challenges evidence in murder case

Aaron Hernandez's attorneys on Monday sought to have a murder charge dismissed, saying prosecutors don't have enough evidence to tie the former New England Patriots' star to the murder of a semi-professional football player.

Prosecutors countered that they can show Hernandez was with Odin Lloyd when he was

shot and that Lloyd's killing was part of a pattern of Hernandez committing acts of violence following nightclub disputes.

Also Monday, the former tight end pleaded not guilty to charges that he attacked a handcuffed inmate and threatened to kill a guard and his family while at a county



jail in Dartmouth.

Hernandez faces murder charges in Lloyd's June 17, 2013, slaying, as well as a separate case in which he is accused of gunning down two

men in Boston in July 2012. He has pleaded not guilty in each case and is being held without bail.

Judge E. Susan Garsh will rule at a later date on the motions to dismiss the Lloyd murder charge and to suppress certain evidence gathered by the state, including cellphone records. THE ASSOCIATED PRESS

4 SPORTS

Payback. Ousted twice by Ghana, U.S. wins at last

Clint Dempsey scored one of the fastest goals in World Cup history and John Brooks scored the game winner on a header in the 86th minute of a 2-1 U.S. victory over Ghana, which had knocked the Americans out of the previous two World Cups.

Dempsey's goal came on a low shot just 32 seconds into the match. The lead held until Ghana's Andre Ayew levelled in the 82nd minute. Ayew's goal appeared to have stolen the victory from the U.S., until Brooks' goal off a corner from Graham Zusi. **THE ASSOCIATED PRESS**



U.S. forward Clint Dempsey
GETTY IMAGES

Outside the stadium

Protesters burn U.S. flag ahead of Biden's arrival

Demonstrators burned a U.S. flag near the stadium in northern Brazil where Vice-President Joe Biden was scheduled to attend the U.S. soccer team's opening World Cup match Monday evening.

THE ASSOCIATED PRESS

Anti-World Cup acts

Rio policeman caught on video shooting at protesters

Police in Rio de Janeiro are investigating the case of a policeman who appears to have fired a live round at anti-World Cup protesters, a scene caught on an Associated Press video. **THE ASSOCIATED PRESS**

The 13th game. Nigeria and Iran deliver the World Cup's first draw

Nigeria and Iran delivered the first draw of the World Cup on Monday as they ground out a scrappy 0-0 stalemate in their opening match in Group F.

The draw at the Arena da Baixada in the southern Brazilian city of Curitiba followed 12 mostly high-scoring and attacking games.

After a first half in which Nigeria failed to capitalize on its dominance, chances were few and far between in the second.

Players from both sides snatched at chances, and neither goalkeeper was troubled despite some frantic late pressure in the final minutes.

THE ASSOCIATED PRESS

German rout screams 'favourites' all over

Imposing 4-0.

No. 4-ranked Portugal, Ronaldo and all, easy prey for the Mannschaft's power

Thomas Mueller scored a hat trick as Germany turned on its style and power to rout 10-man Portugal 4-0 in their World Cup Group G opener on Monday.

Mueller, who scored five goals in the 2010 World Cup, was ruthless against a weak Portugal team that was clearly outplayed despite the presence of Cristiano Ronaldo.

"To score three goals in the World Cup opener against such an opponent is great," Mueller said.

With Chancellor Angela Merkel supporting in the stands, the German team celebrated its 100th World Cup match with a rousing victory that was virtually assured by halftime.

"After 20 minutes, we looked up at the clock and thought it was going to be a long day," Mueller said. "But we got into the match very well and when you lead by 2-0 in this heat and then even get the third, it was all over."

Overwhelmed

"We lost the game already in the first half."

Portugal coach Paulo Bento lamenting the 3-0 score his team took the dressing room at the end of the first half.



Germany's Thomas Mueller kicks the ball into the Portugal net to score his side's third goal during the teams' Group G World Cup soccer match at the Arena Fonte Nova in Salvador, Brazil, on Monday. NATACHA PISARENKO/THE ASSOCIATED PRESS

Germany always aims to have an impressive start and it certainly did this time. Four years ago, it started with a 4-0 win over Australia and reached the semifinals.

What must be worrying for Germany's opponents is the apparent ease with which Joachim Loew's lineup disposed of the fourth-ranked team in the world. Germany next faces Ghana on June 21 and the United States on June 26.

Germany coach Joachim Loew said his team implemented his game plan very



well, winning the ball in midfield and then quickly attacking.

Mueller scored on either side of Mats Hummels' headed goal as Germany took a 3-0 lead at the break, and added

his third goal in the 81st.

Ronaldo started at Arena Fonte Nova after overcoming a knee injury. He faded after threatening early in the match, including a shot from a break that Germany goalkeeper Manuel Neuer could only block, but there was nobody from Portugal to pounce on the rebound.

"We lost the game already in the first half," Portugal coach Paulo Bento said. "We couldn't come back in the second. Germany played very well; we couldn't do anything." **THE ASSOCIATED PRESS**

Gibbons may be doing something right this time



Toronto Blue Jays manager John Gibbons
GETTY IMAGES

Toronto Blue Jays manager John Gibbons was holding court with reporters in his office before a recent home game when a longtime scribe poked his head in the door.

"Gibby, are you smart again?" he joked, as the veteran skipper let out a roar.

"No, definitely not," Gibbons replied with another hearty laugh.

He may not want to take the credit, but Gibbons is doing something right this season. In a remarkable turnaround from a deflating 2013 campaign, he

has guided the Blue Jays to the top of the American League East division standings.

Gibbons has appeared to use the same style when his team is struggling or in peak form.

Rarely without a big wad of chewing tobacco tucked under his lip, he's quick with a smile and is as laid back as they come. With over three decades of experience in the sport, he knows not to get too high when times are good or too low when they're not.

"I don't think I'm doing anything differently or trying

to be anybody different," Gibbons said in a recent interview. "I don't know if I could. We're just playing better."

"Nothing has changed. We're just playing better."

Gibbons has helped the Jays become one of the surprise stories in Major League Baseball.

"I have confidence in this team," he said. "I knew we were better than we played last year and then we felt there were some reasons we didn't play well last year and we were holding on to that fact."

THE CANADIAN PRESS

Jays in the upswing

General manager Alex Anthopoulos stuck with Gibbons despite a 74-88 campaign in 2013. Currently the Jays hold a 41-30 record.

- Toronto made its move with a 21-9 record in May.
- Only Oakland (42) and San Francisco (43) have posted more wins.

Horoscopes

♈ Aries

March 21 - April 20

You may be a bit moody today for no apparent reason. Yes, OK, certain things have not worked out the way you anticipated but it's hardly the end of the world, so keep things in perspective.

♉ Taurus

April 21 - May 21

Why are some people so negative? It seems that the more ideas and suggestions you come up with the more reasons they find to reject them. Go it alone for a while.

♊ Gemini

May 22 - June 21

The harder you work the less you seem to get done, which is frustrating because you can sense that time is running out. The problem seems to be that you have neglected a number of small but important details.

♋ Cancer

June 22 - July 23

If you change something that does not appear to be working today chances are you will regret it come the weekend when the sun moves into your birth sign. You really don't need to change a thing.

♌ Leo

July 24 - Aug. 23

Others may be talking about you – and what they are saying is unlikely to be flattering – but what of it? You are big enough and bold enough to shrug it off and keep moving forward.

♍ Virgo

Aug. 24 - Sept. 23

If you see that a friend or relative needs help then step up to the plate and do what you can for them. Some people find it hard to ask for assistance – they think it's a sign of weakness.

♎ Libra

Sept. 24 - Oct. 23

You are worrying about something that most other times would not bother you in the slightest – thanks to Mercury, planet of the mind, going through one of its negative phases. Snap out of it.

♏ Scorpio

Oct. 24 - Nov. 22

It will pay you to be skeptical today, especially when dealing with people who in some way or other depend on your generosity. Whatever it is they suggest make sure the figures add up.

♐ Sagittarius

Nov. 23 - Dec. 21

Your self-confidence could take a bit of a dive today, even though your circumstances have not changed at all. Everyone goes through a down phase once in a while, so don't attach too much importance to it.

♑ Capricorn

Dec. 22 - Jan. 20

Ignore people who say that certain things cannot or should not be done. If you feel that a course of action is right for you then there is nothing more that needs to be said.

♒ Aquarius

Jan. 21 - Feb. 19

It's not like you to be negative but you seem to believe that a creative activity of some kind is no longer worth the effort. You're wrong.

♓ Pisces

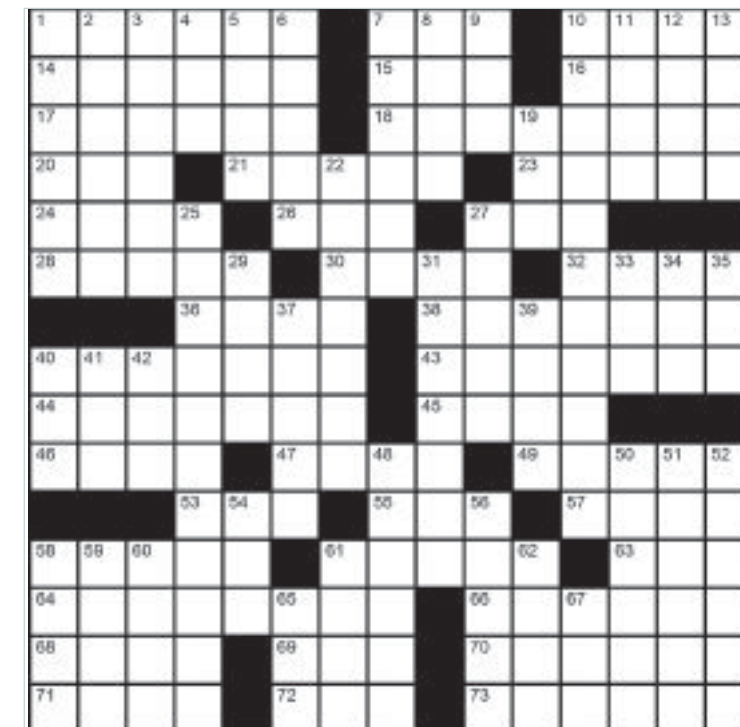
Feb. 20 - March 20

A friend is clearly being economical with the truth and no doubt that makes you mad. Before you snap at them ask yourself what their motive might be. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

1. Winnipeg: Old ____ Square
7. ____ Vegas
10. Lady's address
14. Fabric's fold
15. 'Percent' suffix
16. Moisturizer ingredient
17. Basketball legend Julius
18. Points of view
20. Mr. Wheaton
21. Planting product
23. Prefix with 'arthritis'
24. Profess
26. Almond
27. Li'l life story
28. "Buffalo Stance" by ____ Cherry
30. Beatles: "I ____ film today..."
32. Depilatory brand
36. Agnus ____ (Mass prayers)
38. Ridiculous
40. Toronto: Rogers Centre's original name
43. Formed a queue: 2 wds.
44. Hair dye brand
45. Carte du jour
46. "No thanks, ____ a diet."
47. Sea lettuce
49. Not hidden
53. Capture
55. Sleeve
57. ...happily ____ after.
58. Wise-one's saying
61. Ritual site, perhaps



63. Eggs, scientifically
64. Swimsuit style
66. Put into peril
68. Keep ____ profile
69. Docs
70. "It's so hot ____!" (Crank up that air conditioning!)
71. ____Air (Kitchen appliance brand)

72. British poet, Henry James ____
73. Rids

Down

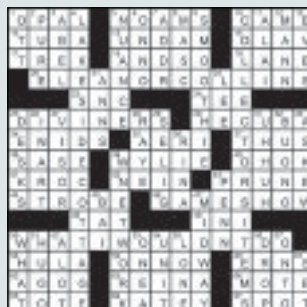
1. Food Network Canada chef, Mark ____
2. Land
3. Makeup maker
4. Trombonist Mr.

- Winding
5. Medieval labourer
6. Sara's songstress sister
7. Actor Ray
8. Numerical ord. opposite
9. Six: Italian
10. Montreal's founder, Paul de

- Chomedey de ____ (b.1612 - d.1676)
11. Frequently: 2 wds.
12. First-rate
13. 'Middle'-meaning prefix
19. "____, _ insist!"
22. Canadian judge Mr. Peters on NBC's "Last Comic Standing"

25. Vera Wang creation: 2 wds.
27. Great jazz Count
29. "Is it a '____' a 'she'?" (Human's query upon meeting a new dog)
31. American store in Canada
33. Assistance
34. Shiba ____ (Dog breed of Japan)
35. Sales pro
37. Poker: Folding-one's statement: 2 wds.
39. Never! = ____ way, shape or form!
40. ____Fi
41. Airline to Amsterdam
42. Former-NBAer, ____ Ming
48. Overnight+bag
50. Calls forth
51. Go back to a former way
52. Toronto Stock Exchange actions
54. "Snake!"
56. As per #10-Down... Ville-____ (1642-founded colony at present-day Montreal)
58. Music key, ____.
59. Bananas brand
60. Nameless [abbr.]
61. Mr. Travis, WKRP employee
62. Finger jewellery
65. Rapscallion
67. "Murder, ____ Wrote"

Yesterday's Crossword

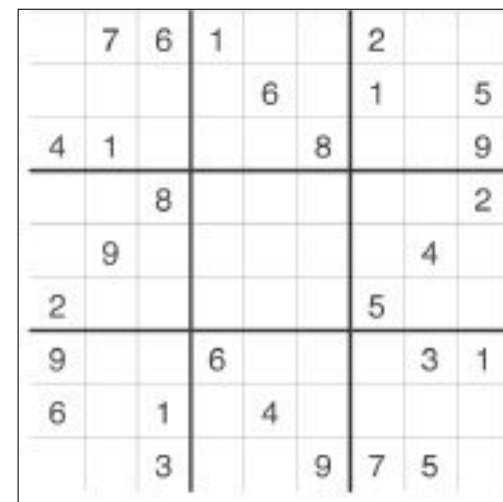
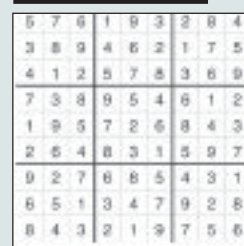


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Today

20°/13°

Showers

60%

Wednesday

19°/12°

Thunderstorms

80%

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24 SEP

11:21 AM

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She's Faking It! Is she faking it or is she really mad?

She's Crying! Is she crying or is she really sad?

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'MIRACLE MOLECULE' SUPERCHARGES CIRCULATION, PROMISING BETTER BLOOD FLOW, BLOOD PRESSURE AND INCREASED MENTAL CLARITY & STAMINA!

Are you concerned with high blood pressure or cholesterol, a lack of stamina and energy, a dip in libido and physical performance, or the increase of "senior moments?" The answer to living without these health concerns has been discovered in what scientists are calling the most important health breakthrough of our time. The discovery starts with nitric oxide (N-O)!

OVER 40 LOSING CRUCIAL RESERVES

N-O is a natural substance produced by the body that has amazing effects on health and circulation. The American Heart Association published one of many studies showing that many people over 40 don't produce enough N-O. In fact, your body produces less than half of what it did at 20.



NOBEL PRIZE WINNING DISCOVERY

Three researchers received the prestigious Nobel Prize for this discovery. One of the winners says, "There may be no disease process where this miracle molecule does not have a protective role".

GOOD NEWS FOR BOOMERS!

Researchers reported that N-O helps

with energy levels, blood pressure, cholesterol, joint discomfort, and assisted in strengthening the immune system.

90-SECOND CIRCULATION BOOSTER

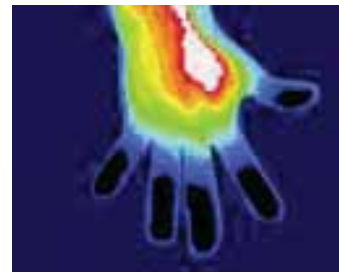
Based on the research of Dr. Nathan S. Bryan, PhD, who lectures to doctors around the world about Nitric Oxide, Neogenis® Labs has created a revolutionary lozenge, called Neo 40 daily, that makes it easy to restore N-O levels. This "fast-dissolve" lozenge restores your N-O to youthful levels by dissolving within 90 seconds and begins to work immediately, which leads to better circulation, for many in as little as 20 minutes.

BETTER CIRCULATION TO WHOLE BODY

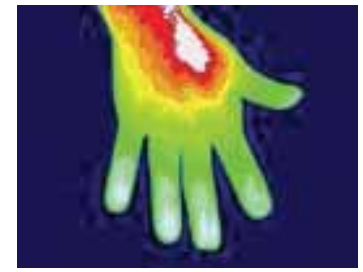
Better circulation helps increase stamina, maximizes metabolism, helps manage stress and maintains healthy sexual function. Healthy N-O levels also promote better blood pressure and cholesterol as a result of improved circulation to all major organs.

SURPRISE BENEFITS FOR MEN & WOMEN

"Adequate amounts of Nitric Oxide insure sufficient amounts of blood to flow to the extremities, especially the penis, resulting in an erection. The same applies to women; without proper blood flow to the clitoris, orgasms are difficult," says Dr. Bryan.



Dark = Low Blood Flow



Light = Increased Blood Flow

Actual Thermographic Image of Hand shows circulation in hands before and after taking Neo 40 daily. On the Left, the fingertips are almost black showing little blood flow. On the Right, lighter colored fingers show increased blood flow after only 20 minutes.

A boost in Nitric Oxide levels may equal increased sexual sensitivity for men and women. Tammy from Ontario said, "The first night after my first dose I had improved circulation in my hands. I find the increased circulation is a definite benefit in the bedroom." "We noticed a difference in my husband's erections within a week. We can't believe how well it works," reports pleased wife Marion S., of New York.

NATURAL RESULTS YOU CAN FEEL

Lee L., from CA was stunned with her results. "I have had knee, leg and shoulder problems for over 10 years. The pain has deprived me of sleep for months! Ronald D. TX explains, "The results were noticeable overnight. I had more energy and was able to focus more readily."

BEET & BERRY COMBO BOOSTS N-O

Neo 40 daily proprietary combination of N-O boosting nutrients: amino acids, B Vitamins, Vitamin C, and Magnesium are specially formulated with the patent pending combination of red beet and hawthorn berry. The natural chemistry between them generates Nitric Oxide when dissolved in the mouth. The result is increased oxygen delivery, improved vascular function, enhanced sexual enjoyment, and protection against free radicals.

BOOST BLOOD FLOW & OXYGEN STARTING IN 20 MINUTES!

"I recommend this lozenge because it helps the body restore N-O, which leads to healthy circulation; for most in as little as 20 minutes," affirms Dr. Bryan. The result is increased oxygen delivery, heightened immune function, improved vascular function, and enhanced sexual enjoyment

NEO40® daily



CLINICALLY SHOWN TO HELP YOUR BODY:

- Reduce triglyceride levels (27% average in 30 days)
- Support healthy blood pressure
- Support cardiovascular and heart health
- Improve sexual performance through improved circulation
- Increase the body's circulation
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